

The NAVY RESERVIST

SUPPORT TO THE FLEET...READY AND FULLY INTEGRATED

Vol. 30, No. 5
May 2004

NAVY RESERVE
TAKE **LEAD ROLE**
IN **AVIATION TRAINING**
INSTRUCTORS

SURVEY 2004

CUSTOMER SERVICE DIRECTORATE



The 2004 Navy Reserve force customer service survey is your chance to indicate what is important to you and evaluate how your Reserve Center is meeting the established standards of service.

Results of the 2003 survey created the momentum for great changes:

- Improved communication with toll-free numbers available to NRA's
- Prompt e-mail notification of orders
- Web site Usability Group formed to improve layout content and functionality of the Navy Reserve Web site
- Retirement points now linked to pay system
- Progress towards a consolidated, single Web sign-on

Log on to Navy Reserve Force Web site:

<http://navalreserve.navy.mil>

under the "Customer Service" tab (private side) to **speak up and be heard!**

features



BALIKATAN

Navy Reservists stand shoulder to shoulder with Philippine forces in annual exercise cooperative alliance in the Pacific.

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FTS and Drilling Reserve aviators take the lead in training the next generation of Navy pilots.

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On the Cover



Photo by ENS Darin K. Russell

LT Tim Miller and LT Allen Karlson, student pilots assigned to the "Tigers" of Training Squadron Nine (VT-9), fly in formation in T-2C Buckeyes during a formation training mission over Key West, Fla. Instructor CDR Joe Kerstiens sits "shotgun" (rear seat) evaluating LT Allen Karlson before his solo formation training. VT-9 came to Key West to teach Navy and Marine Corps student pilots formation flying and gunnery techniques.

TheNAVY RESERVIST

SUPPORT TO THE FLEET...READY AND FULLY INTEGRATED

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The Navy Reservist is an authorized publication for members of the Department of Defense (DoD). Contents are not necessarily the official views of, or endorsed by, the U.S. Government, DoD or the U.S. Navy. This monthly magazine is prepared by the Public Affairs Office of Commander, Navy Reserve Force, located at NSA New Orleans. Contributors may send news and images by e-mail to navesfor_tnr@navy.mil, by fax to: (504) 678-5049 or DSN 678-5049, or by mail to: The Navy Reservist, COMNAVRESFOR (NOOP), 4400 Dauphine Street, New Orleans, LA 70146-5046. Telephone inquiries should be made to (504) 678-6058 or DSN 678-6058.

The Navy Reservist seeks action photos of Navy Reservists (minimum 300 dpi digital slides or negatives) that tell a story of Reserve training or support to the fleet. Please provide full identification of all individuals in the photograph to include their respective rate, rank and command. Photos should also include a visual information record identification number or VIRIN. Information about VIRINs is available online at www.mediacen.navy.mil/vi/virin.htm. Submissions should be received three weeks prior to publication month (i.e., May 10 for the June issue). Material will not be returned.

NEWS ONLINE

The Navy Reservist and the Navy Reserve News Service [electronic wire service] current and past issues can be accessed online at <http://navalreserve.navy.mil>. Navy Reserve NewsStand, a Web site featuring Navy Reserve news and photos, plus links to Navy Fleet pages, can be viewed at www.news.navy.mil/local/nrf.

CHANGE OF ADDRESS

Selected Reservists with address changes need to provide updates to their database diary entry (via their unit commanding officer) to Full Time Support personnel at local Naval Reserve Activities. Individuals who are not Selected Reservists and need to change their address should mail their request, along with a copy of their mailing label, to The Navy Reservist.

commander's view



VADM John G. Cotton

Over the past six months, our focus has been on further alignment of the Navy and its reserve component by synchronizing our efforts and support. Just as important as readiness and support to the fleet is the emphasis we should place on preparing our families for our active duty periods, whether for two weeks or for much longer.

Times of crisis can be stressful for service members and their families. For a Reservist, being recalled to active duty may involve a significant change in employment, earnings, lifestyle, family healthcare and geographical location. The key to success during any transition, and one of every organization's biggest challenges, is communication. Reservists and their families need to address critical issues, locate necessary resources, make decisions and take action. The responsibility for communicating with the family shifts to the active duty command, which can become confusing for any family member. The following key people and organizations can be helpful to reservists and their families to stay informed and to facilitate obtaining services:

- The active-duty command's **ombudsman**, the designated command liaison to the family, as well as the **executive officer** (XO). Many ombudsmen and XOs generate a regular newsletter, email, recorded telephone hotline update and/or a Web based voice report to keep families and employers updated.
 - A Reservist's **commanding officer**, **executive officer**, or **command master chief** can facilitate communication with the active duty unit and should be kept aware of significant issues. Reserve centers should also be able to assist in contacting the active command or getting connected with various service organizations.
 - "Navy Lifelines" – A tremendous online reference for checklists, casualty support, links to veterans affairs, tax information, Navy Marine Corps News, and much more available online at www.lifelines.navy.mil.
 - "Navy One Source" – A new Navy online and telephone service established to provide a broad range of guidance for service members and their families, including legal, housing, medical and pay. Available toll free by telephone at (800) 540-4123 or online at www.navyonesource.com.
 - **Employer Support of the Guard and Reserve (ESGR)** – An outstanding organization which provides guidance relating to employment issues for Reservists prior to, during and following periods of active duty. ESGR is available online at www.ESGR.org.
 - **Navy-Marine Corps Relief Society** – This superb organization can assist with short-term financial aide in the form of grants or loans. Go to www.nmcrrs.org for more information.
- As we continue to move towards "One Navy" and in a few years, one defense pay and benefits system, we will also be covered during

active-duty periods by a more simplified health care system. Ongoing efforts will enable reserve component families to have access to military bases around the country, which will include a wide array of services and recreation options.

Without the support of our families and employers, we simply would not be able to serve our nation as proud citizen Sailors. Remember to thank everyone that supports you and enables your operational support to the fleet and coalition forces in the Global War on Terrorism.

The past month has been busy with travel to New York; Fort Worth, Texas; Newport, R.I.; U.S. Transportation Command at Scott Air Force Base, Ill.; New Orleans; and Annapolis, Md.; as well as at the Pentagon and Capitol Hill. It's budget testimony season, and the Navy and Marine Corps team has been discussing next year's budget with Congressional staffers and principals, as well as making important decisions on this year's budget execution and war efforts. We've still been able to talk with talented Sailors around the country about our vision and goals, and I'd like to tell you about some of them:

A very dedicated IS1 Jeff Pharis has served for 15 years in the active component, and as one of three USN instructors at Reserve Intelligence Area 6 in Fort Worth, Texas. He enjoys teaching Reservists. Pharis served with Third Fleet as well as two sea duty tours. Eager YN1 Paul Stanton has been an FTS for 16½ years, wants to make chief, is married with four children, and serves in New Orleans on the CNRFC staff. Dedicated YN2 Jesse Bastro is from Austin, Texas, has been an FTS for seven years and serves at the large NRC Houston. He is married with three children and one on the way, has enjoyed his tours at NAR Jacksonville, Fla., and NAS JRB Fort Worth, Texas, and looks forward to a full career and making master chief. Hard working MR2 Bryan Pierce, an FTS with seven years of service, is married with one brand new child, and works Reserve pay issues at NRC Tacoma, Wash. He served in USS George Phillip (FFG 12) and desires to complete his college degree. We surprised YN1 Andre Martin with a Friday afternoon phone call while he was the command duty officer at NRC Decatur, Ill. He has been an FTS for 16 years and has served around the country at many bases. He would like to move south next tour and recognized YNC Nick Vasquez at NRC Pensacola as his mentor. YN1 Martin's best Navy memory was meeting an engaging RADM Steve Keith during his retirement ceremony several years ago in New Orleans. As always, I was impressed with everyone's knowledge of what was going on in their centers and the importance of enabling SELRES to serve at their supported commands.

For the remainder of the fiscal year, the rebalancing of active and Reserve capabilities will continue, with many new opportunities emerging for FTS and Drilling Reserves. The Navy Reserve is a full partner in Sea Power 21 Sea Trial programs, testing, evaluating and in many cases, developing systems to better enable our Navy and joint operations. Your dedication to your supported commands is already making a difference as the commanders tell us about a new spirit in the Naval Reserve . . . one of a renewed dedication to supporting fleet operations. Thank you for all that you continue to do for our great country and I am proud to serve with you in the best Navy ever.

JOHN G. COTTON
Vice Admiral, U.S. Navy Reserve

sailors matter



FORCM(AW/NAC)
Thomas W. Mobley

Each day as we watch the news, it is apparent that our role in the conflict in Iraq has not ended. The Navy Reserve will continue to provide necessary support in an effort to stabilize the environment for Iraqi citizens. That said, this month's focus is on how to better communicate to our mobilized Sailors and their families. We continue to send our Sailors on missions to support the fleet, which takes them away from their families. Each one of us has a responsibility to prepare ourselves, our Sailors, and their families for deployment.

Family readiness ensures our Sailors are ready and able to report for active-duty. By planning ahead, the Sailor and their family will be better prepared for expected and unexpected issues that they may face. There are several resources for Sailors and their families, beginning with their chain of command. The commanding officer, executive officer, command master chief and command ombudsman are key personnel in family readiness.

Once a Sailor has reported for active-duty, it is important that they remain in contact with their Navy Reserve Activity. The Navy Reserve Activity chain of command is available to assist both the Sailor and their family during deployments. The command ombudsman at the active duty command should be provided the Navy Reserve ombudsman's information to coordinate assistance for the Sailor's family. This is especially important when the Sailor's family does not move into the area where the Sailor has been assigned to active duty. Using the active

duty and Reserve chain of command, the Sailor can ensure that any and all issues are handled, regardless of where the family is located.

Additionally, Sailors and their families can access many Web sites that will assist them with family readiness. VADM Cotton's column contains many helpful sites and here are two more:

- The Office of the Secretary of Defense has many family readiness tools that apply to all branches and components on www.defenselink.mil.
- Navy Personnel Command has links to a variety of helpful sites on all topics on www.persnet.navy.mil.

The above information will help Sailors and their families prepare for active duty assignment however one key element is a Sailor's Page 2. Sailors must review their NAVPERS 1070/602, Page 2 and make appropriate changes as they occur. Examples of important changes include change of address, addition or loss of family member, SGLI updates and gratuity benefits designation. The Page 2 is the primary document for a variety of benefits and is the Navy's source for contacting a Sailor's next of kin. It is extremely important that the family information is correct prior to any period of active duty. When this information is outdated, it can be extremely difficult for the family to receive needed benefits.

Again, the responsibility for family readiness begins with each of us. We have many valuable resources available to ensure that our families are well taken care of in the event of mobilization or deployment. We must prepare before active-duty and now is the time to start.

THOMAS W. MOBLEY
Force Master Chief, U.S. Navy Reserve

opportunities

Supply Corps officers shipboard training opportunity

NORFOLK – Commander, Naval Surface Force Atlantic (CNSL) is offering a new training initiative for junior Reserve Supply Corps officers. The Basic Qualifications Course-Naval Reserve (BQC-NR) to Sea mentorship program is designed to provide Reserve junior Supply Corps officers the opportunity for practical application of BQC-NR topics and learn general shipboard procedures in a fleet environment while working alongside an active duty afloat supply officer.

The voluntary program is specifically targeted for Reserve Direct Commissioned Officers in the Supply Corps in ranks Ensign through Lieutenant with no shipboard experience. The program requires a minimum of two weeks of Annual Training (AT) afloat (pierside and/or underway).

Interested, qualified Reserve supply officers should contact LT Kimberley Outten of NR CNSL Det. 666 via e-mail at kimberley.outten@navy.mil for more information.

—Commander, Naval Surface Force Atlantic

Washington area ADSW officer opportunity

WASHINGTON – During June to September 2004, the Navy Programming Division (N80) in the Pentagon will require the assistance of an O-3/4/5 to coordinate and liaison with resource sponsors, comptrollers and the Office of the Secretary of Defense (OSD) for the submission of the combined POM-06 Programming and Budgeting database to OSD.

This is an intricate and detail intensive evolution and requires a dedicated individual for a three- to four-month period. The individual will be intimately involved with Navy resource sponsors to coordinate a proper input to OSD. This individual will use a database and excel spreadsheet to help produce a balanced and coordinated submission of both programming and budgeting adjustments. An individual with high proficiency in spreadsheets, databases and interpersonal relations is required.

Submit Officer Qualification Questionnaire and resume to CAPT Jim Smithers at samuel.smithers@navy.mil or by fax to (703) 695-5893.

—CAPT Jim Smithers, Navy Programming Division

family focus



Yonna Diggs
Force Ombudsman

Did you know Reserve spouses and other dependent family members can now seek employment assistance at Fleet and Family Support Centers around the country? The Family Employment Readiness Program (FERP) is designed to assist families with many tools, aimed at better preparing them for the job market. This program has very motivated and capable personnel that are ready to assist you in pursuing the job that is your true passion.

Many times, we often get stuck in dead end or unfulfilling jobs. This can be very stressful and oftentimes lead to moving from job to job. After

a number of years, you realize you have held a string of jobs, but never pursued the career of your dreams. We often shortchange ourselves because we limit ourselves to pursuing only the jobs we have performed and never analyzing our full scope of job skills we possess.

Here are some reason to contact your local FERP specialist:

- Would you like to transition into a new career field?

- Do you have a resume that is not getting interviews?
- Have you been out of the job market for a period of time or have huge gaps in your employment history?
- Do you feel you have outdated skills?
- Are you a recent high school or college graduate?
- Are you seeking job leads?
- Do you need assistance writing a federal resume/resumix (electronic version)?

The FERP specialist is trained in assisting you in all of the above situations. They can coach you on career paths you may not have considered. They will work with you both in one-on-one counseling sessions as well as in groups.

Contact your local Fleet and Family Support Center or the Family Employment Program Manager Ed Roscoe at (901) 874-4367 (DSN: 882) for additional information about this most valuable program.

For additional information about this program or the Reserve Ombudsman Program, please contact me at Yonna.Diggs@navy.mil.

GM1 Jimmy Seago, assigned to Mobile Inshore Undersea Warfare Unit One Zero Eight (MIUWU 108) mans an M-60 machine gun while patrolling the port of Ash-Shu'aibah, Kuwait. MIUWU 108 is made up entirely of Reserve personnel, providing seaboard anti-terrorism protection for the harbor.



Photo by JO3 Eric L. Beauregard

what's new

Reserves civilian employment information program announced

WASHINGTON – Implementation of a mandatory reserve component Civilian Employer Information database has begun, culminating a yearlong effort to establish a Department of Defense-wide system to capture and understand who employs the 1.2 million members of the seven reserve components.

Sailors of the Navy Individual Ready Reserve can begin entering their employer data on a new Defense Manpower Data Center Web site, at <http://www.dmdc.osd.mil/Guard-ReservePortal>. Navy Selected Reservists will enter their employer data at <http://nsips.nmci.navy.mil>. Guard and Reserve members are required to

register information about their civilian employer and job skills, in order for the department to meet three different requirements defined in law. The Department of Defense is required to: give consideration to civilian employment necessary to maintain national health, safety and interest when considering members for recall; ensure that members with critical civilian skills are not retained in numbers beyond those needed for those skills, and; inform employers of Reservists' of their rights and responsibilities under the Uniformed Services Employment and Re-employment Rights Act.

For further information, contact Lt. Col. Bob S. Stone via e-mail at bob.stone@osd.mil or by calling (703) 693-8617.

—Department of Defense News Release

a look back



30 years ago

1974 - RADM Sumner Shapiro testified regarding the Soviet naval threat before the sea-power subcommittee of the House Armed Services Committee. He concluded that the Soviet navy had the world's largest submarine force, but had only a limited capacity for open-ocean antisubmarine warfare and inadequate sea-based tactical air power.



20 years ago

1984 - COMRESPATWINGLANT: "The spirit of Reserve antisubmarine patrol crews is upbeat, confident of meeting present and future challenges, proud of their performance and their acceptance by fleet commanders, eager to transition to ASW platforms with improved capabilities, and...dedicated to their operational expertise and mobilization mission."



10 years ago

1994 - Deputy Assistant Secretary of the Navy for Reserve Affairs Wade R. Sanders, a Navy Reservist, discussed the Navy Reserve and its role in the Total Force. "Visits to the field are an important part of the process of forming policy, and where I get my best ideas," said Sanders.



Photo by PH2 Nathanael T. Miller

MN3 J. C. Drouin removes an access panel on a Mark 65 Quick Strike Mine. Petty Officer Drouin, a Navy Reservist assigned to Naval Reserve Mobile Mine Assembly Unit Ten (MOMAU-10) in El Paso, Texas, is performing his annual drill at MOMAU-8, located aboard the U.S. Naval Magazine, Guam.

Navy CAPT Barbara Sisson, commodore, Third Naval Construction Regiment, watches over the smoky battleground while members of Naval Mobile Construction Battalion One Four (NMCB-14) execute an advance on enemy positions during a convoy training evolution. NMCB-14 is preparing for deployment to support Operation Iraqi Freedom II (OIF). Sisson was reviewing NMCB-14's progress in order to certify the unit "ready to deploy." NMCB-14 is a Reserve Seabee Battalion headquartered at Jacksonville, Fla., consisting of Seabees from Georgia, Florida, and Puerto Rico. The battalion is preparing for its first deployment to support a military campaign since it's commissioning in 1961.



Photo by Ens. Tony Hollebaugh

Hear Land

Reservists get fleet orientation

CDR Frank Merriman
Navy Information Bureau Det 1018 Kansas City

NORFOLK – Sailors aboard amphibious assault ship USS Saipan (LHA2) gave 20 new Reservists from the Kansas City, Mo., area a two-day glimpse into shipboard life – including everything from the interesting to the mundane – but all of which is important to the ship's mission.

The experience is the seventh in a series of a program designed by Commander, Naval Surface Fleet Atlantic Det 606 to bring new Sailors from the middle of the United States to fleet concentration areas to experience life aboard ship before they are mobilized or do their active training in that environment. These Kansas City-area Sailors were all selected as part of their Navy Reserve Accession Course (NRAC) training, which helps prepare them for Navy life.

"Junior Sailors rarely have the opportunity to experience shipboard life," said CWO3 Gene Hoffman, who with SKCS John Flores coordinates the program. "The Prairie Navy has a lot of NRAC Sailors, and they need the opportunity to come to Norfolk and other fleet concentration areas so they can help meet Vice Adm. John Cotton's directive that our mission as Reservists is 'Support to the fleet... ready and fully integrated.' It shows value of the Reserves and supports his vision."

Hoffman and Flores coordinate all aspects of the program, so that all the ship has to do is assign department personnel to conduct training and provide ship tours of selected spaces.

The Reservists' orientation began before they even came aboard with instruction on how to cross the quarterdeck. After a brief welcome and berthing assignments, they immediately underwent egress training, where they had to find their way out of their spaces to the closest outside area, with their eyes covered to simulate darkness or heavy smoke.

Divided into three teams, they experienced such diverse tasks as piersweepers and mess deck cleanup, to participating in firefighting and damage control drills. They also toured critical ship sections including engineering, the Combat Information Center (CIC) and the bridge.

"I volunteered to go," said HT2 David Carter, from Amity, Mo..

"I was hoping to see everything. As they led us through the ship, I was looking in all the nooks and crannies. I got with the HTs and felt like it was home."

Was it worth it?

"You bet," Carter said. "It was better than I expected. I didn't think we'd get to do much, but what the tour didn't cover, the HTs did. It was an absolutely fantastic experience. I think it ought to be a must."

OSSN Robert Patterson said he learned more about life on a ship than he thought he would.

"Before, I knew a little bit from stories other Sailors told me," said Patterson, of Blue Springs, Mo. "Here, I got to hear what it's really like from the Sailors aboard ship. Life aboard ship seems harder than I expected, but everyone does their job and seems to enjoy what they do."

"Before, I hoped that if I got deployed, it would be aboard ship. After this experience, I feel even stronger I'd like to serve aboard a ship."

SK3 LaTricia Hall, from Shawnee, Kan., echoed one of the most consistent comments participants gave – the program exceeded their expectations.

"I got to do real work in my rating," Hall said. "I got to work on the mess deck and see what SKs go through. I knew there were 101 jobs, but even I was surprised it was so detailed. There's so much to learn. I came away feeling that as an SK, you are important."

Flores was gratified by the response, and the validation of their efforts. At the end of the

"It was better than I expected. I didn't think we'd get to do much, but what the tour didn't cover, the HTs did. It was an absolutely fantastic experience. I think it ought to be a must"

two days, participants fill out questionnaires about what they liked, and didn't like.

Feedback helps shape the program so that it remains a meaningful learning experience.

"This is an extremely satisfying project for all of us who put it on," Flores said. "We try to make this a pleasant and memorable experience for all hands. We meet them at the airport, take them to the ship, arrange all the details of their training, and then get them back to the airport. I think we are helping fill a real need to help Sailors become ready to serve in the fleet. That's why I do it."

STSN Shana Kennington, from Ottawa, Kan., said that while the ship was overwhelming.

"A lot of new Sailors just read their rate manuals but don't know what it's really like aboard ship," Kennington said. "This program helps you better understand what is expected of you as Sailors. I think of this program as the Navy's little gold mine." ♦



Graphic by Tasheka Arceneaux

George Washington, Fleet Hospital Great Lakes in integration exercise

JOC(IUSS) Henry Rice

USS George Washington (CVN 73) Public Affairs

ABOARD GEORGE WASHINGTON – Eight Sailors arrived on board recently USS George Washington (CVN 73) with jobs to do.

They left with their missions accomplished.

These Sailors are Navy Reservists from Fleet Hospital, Great Lakes, Ill. They were selected to take part in George Washington Exercise-04, an exercise in Active-Reserve Integration (ARI).

“Our job was to come out here and provide support for George Washington and help build mission readiness,” said LT William Parthun, officer-in-charge of the group.

Parthun also got underway with George Washington during carrier qualifications last fall.

“I had such a great experience the last time I was on GW [George Washington], I went back to get other people, so they could have the same opportunity and experience I did,” Parthun said. “I made sure that the people selected for this trip had no prior underway experience.”

The majority of that work was done in medical, because the group consisted of two medical officers and two Hospital Corpsman. The group also included a Storekeeper, Yeoman and Culinary Specialist.

Experience level and military bearing were factors taken into consideration for Sailors selected for this trip. Parthun said he wanted people who would represent the best of what the Navy Reserves had to offer. After receiving more than 40 “applications,” Parthun selected LT Robin Collins, LT William Jansak, YN1 Maura O’Hagan, HC2 Lisa Armentrout, CS2 Deborah Ashworth, SK2 Mark Kutz and HM3 Dennis Harris.

All of these Sailors are part of what is known as a “green unit.” They provide support and set up medical facilities on the ground for Marines. Coming to sea and getting the underway experience was a way for the group to step in and get a feel for what Vice Adm. John Cotton, Chief of Navy Reserves, has called his vision of the Navy Reserve: “support to the fleet, ready and fully integrated.”

Jansak, an emergency room nurse, said his goal was to leave with the feeling that he would feel comfortable integrating with a ship if the call came for him to do so. He spent his time on board providing patient care, walking the medical ward and teaching classes to George Washington’s crew. He has also, along with the other seven Reservists, been touring the ship and learning all about life at sea.

“Knowing I am part of the Navy, I have tried to study and read about shipboard life,” he said. “Although, it has been only 10 days, I feel like I could get underway and provide whatever support is needed if I get the call.”

From participating in drills to working in their ratings, the crew had the chance to roll up their sleeves and help George Washington’s crew. During a mass casualty drill, four Reservists assisted the medical response to the drill, which simulated an explosion in the ship’s hangar bay.

“I have experience in trauma and mass casualty situations,” said Jansak, “but on board the carrier, with the procedures and other factors associated with being at sea, it added a whole new wrinkle.”

Kutz, who spend his time working with the ship’s Supply Department, was given the opportunity to play a key role in the ship-ping and receiving office. According to Jansak, Kutz was very excited and very pleased with the opportunities he received and the roles he played in providing support to George Washington’s mission.

During their time on board, Reservists contributed more than 720 man-hours to the ship and have gained the appreciation of the carrier’s crew.

“These guys were great,” said LT Jim Strafford, George Washington’s physician assistant. “They came with the attitude, ‘how do we integrate?’ and were constantly looking for ways to help out and learn.”

Strafford added that he has had numerous successful experiences on board George Washington with different groups of Reservists, but this crew has set very high standards for all future Reservist embarks. He understands where the Navy wants to go with training and maintaining a fully mission-ready reserve force.

“This group greatly exceeded any expectations that we could have hoped for,” said Strafford. “One benefit we have is that they will take back this experience and spread the corporate knowledge they have obtained. We look forward to the next group, because we are very appreciative of the role Reservists play.”

Collins actually took Strafford’s patient list for a few days, so that Strafford could catch up on some administrative tasks and collateral duties. According to Strafford, she allowed him to complete a month’s worth of work in a week.

The appreciation worked both ways.

“This visit was all about showing that we are one Navy and we need to start acting that way,” said Collins. “The crew accepted us and treated us just like one of their own, and we appreciated that.”

Armentrout agreed, saying the carrier’s leadership and crew were very helpful and very professional.

“When we got here, it wasn’t the active duty Sailors and the Reservists,” said Armentrout. “Right from the get go, it was one team. Everyone made us feel very welcome, and the whole evolution was very rewarding.” ♦

Exercise B Exercise B

Twenty Sailors from the Naval Mobile Construction Battalion-22, 9th Naval Construction Regiment, 1st Naval Construction Division, finish building six offices for use during joint training exercises between U.S. and Philippine Armed Forces. The Fort Worth, Texas based NMCB-22 deployed to the Philippines from Feb. 1-21 to build the structures aboard Fort Magsaysay, home to the Philippine Army's 7th Infantry Division. This exercise is only one of a number of on-going activities under the framework of RP-US military security cooperation. Other elements include assistance with comprehensive defense reform: security assistance modules for counter terrorism training, helicopter night capability training, intelligence fusion; subject matter expert exchanges; international military education and training programs; advice and support for logistics, engineering, equipment and civil military operations.



A cooperative partnership for the U.S. and Philippines

REPUBLIC OF THE PHILIPPINES – More than 5,000 U.S. and Philippine Soldiers, Sailors, Airmen and Marines worked shoulder to shoulder at seven different locations throughout the Philippines during Exercise Balikatan 2004. U.S. military, including Navy Reservists, and civilian personnel deployed from as far away as the states of Virginia, Minnesota, Washington, Alaska and Hawaii.

This year's annual exercise, the 20th in the series, is only one of a number of on-going activities under the framework of Philippine-U.S. military security cooperation and continues to demonstrate U.S. resolve to support the Philippines against external aggression, consistent with the Mutual Defense Treaty and Visiting Forces Agreement between the two nations.

The 3rd Marine Expeditionary Brigade, located in Okinawa, Japan and the Armed Forces of the Philippines (AFP) formed the nucleus of a Combined Task Force (CTF), led by U.S. Marine Corps Brig. Gen. Kenneth J. Gleuck, Jr., and AFP Brig. Gen. Rafael Romero. The CTF staff operated out of two Philippine islands, Luzon and Palawan.

continued on page 10

Photo by Cpl. Ryan Walker



Photo by Cpl. Ryan Walker

Builder 1st Class Joe Arroyo, Naval Mobile Construction Battalion-22, 9th Naval Construction Regiment, 1st Naval Construction Division, installs shutters to a newly constructed building to be used as an office during joint training exercises between U.S. and Philippine Armed Forces.

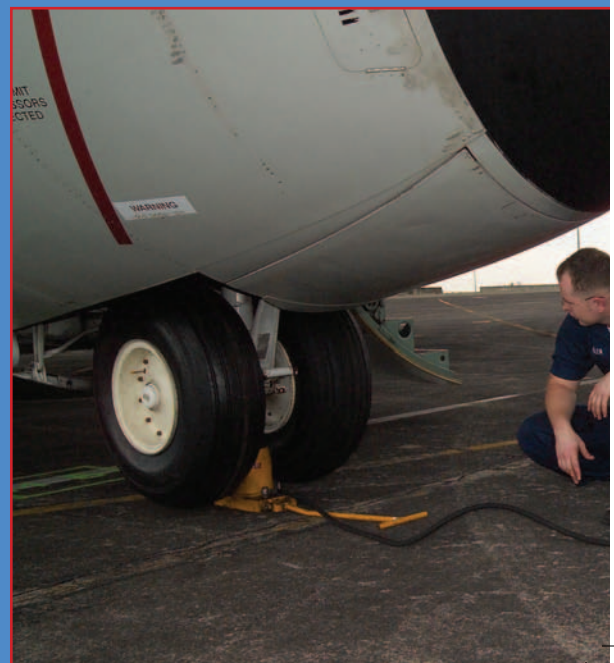
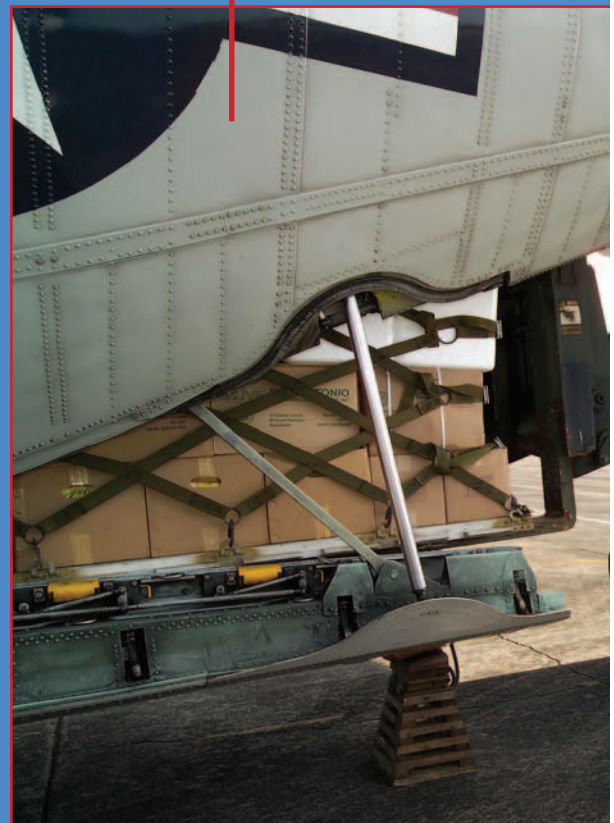
The exercise included assistance with comprehensive defense reform: security assistance modules for counter terrorism training, helicopter night capability training, intelligence fusion; subject matter expert exchanges; international military education and training programs; advice and support for logistics, engineering, equipment, maintenance and civil military operations.

The U.S.-AFP Civil-Military Operations Task Force conducted 12 civic action projects and provided more than 24,000 residents with medical, dental and veterinary care. Engineering civic action projects were also conducted on the island of Palawan including the construction of a water-well and water tank, refurbishing of the Puerto Princesa city health office and the building of five school classrooms. Also, for the first time, civil-military operators provided medical services to more than 2,100 residents of Basco, Batanes, which the U.S. military uses as an aircraft refueling location.

—Balikatan Public Affairs Team



U.S. Navy Loadmaster AM2 Archie Manning, of Tallahassee, Fla. guides a Combat Service Support DET. 37 forklift driven by US Marine Lance Cpl. Daniel Paul, from Beatrice, Nebraska, up to the rear of VR-53 C-130T Hercules at Clark Field, Republic of the Philippines as part Balikatan 2004.



Exercise Balikatan 2004



Photo by PH2 Lou Rasales



Photo by PH2 Lou Rasales

AT3 Ronnie Allen, from Roxboro, N. C., and AM2 David Pierce, of Pittsburg, Pa., lower the nose gear after completing a tire change at Clark Field, Republic of the Philippines as part Balikatan 2004.

By JO3 J. Hastings McIver
Navy Reserve Force Public Affairs

STENNIS SPACE CENTER, Miss. – Only the drone of mosquitoes could be heard on the riverbed as two fully camouflaged SEALs crept from the undergrowth, weapons drawn. A few meters were all that separated them from their final grid location. From there it was just a matter of time until they would be extracted and on their way back to base, another successful mission behind them.

That was when the first shots buried themselves in the dirt by their feet.

Instinctively, they found cover and returned fire. They hurled two smoke grenades – yellow on their left flank, green on their right – marking their position for the extracting vessels and providing them further cover from the hail of bullets splitting the air all around.

Then, from the river behind them, came a rolling thunder: Two twin-engine Patrol Boats Light, laying blanketing cover fire on either side of the billowing smoke. While one boat continued to drench the area in hot lead and high-explosive, point-detonating rounds, the other swept in and wrenched the SEALs from the riverbank as it exploded all around them.

Though it may have carried the look and feel of an authentic special operations mission, the scene described here was actually part of a demonstration created and executed by Navy Reserve Special Boat Team 22 (NR SBT-22), the Navy's only riverine unit. Based in southern Mississippi at the John C. Stennis Space Center, NR SBT-22 is a name synonymous with dedicated Reservists, all ready to fight for their country in some of the world's most treacherous situational waters.

On this occasion, however, the team was fighting for a different reason. More than 40 civilian employers joined the team on that overcast day in early March for an Employer Support of the Guard and Reserve (ESGR)-sponsored "Boss Lift" – an opportunity for them to see what their employees do when they're serving time with the unit. The Boss Lift is an event designed to garner the understanding and support of the employers of National Guard and Reserve members, with the hope that they will then transfer that support to their employees when they are required for military service.

For NR SBT-22, that could mean anything from performing counter-drug operations in South America to patrolling southern Iraq's waterways.

NR SPECIAL BOAT TEAM 22

RIVERINE WARRIORS

Spread Design by JO3 J. Hastings McIver

LTJG Raul Blanco is NR SBT-22's task unit officer-in-charge. His unit consists of four boats and four crews, and their objectives are fairly clear-cut. "Our primary missions are the extractions and insertions of special operations forces, and our secondary mission is direct action," said Blanco. "If there's a target that might be right along the riverbank, then we can perform a direct action mission on it; but if it's further inland, then we just insert forces to go and attack it. So the SEALs are our most common ground element that we would be dropping off. Typically, for a whole mission to occur, for instance an insertion, it's quiet, we're doing a slow speed, nobody knows we're there; we drop them off, they go in and do their mission and come back, and we have them out of there before anybody ever knows what's happened."

Unfortunately, due to the dangerous nature of their work, NR SBT-22's missions can't always be carried out with that type of efficiency. The team stays ready for any eventuality.

"Today you witnessed an extraction of special operations forces, a two-person ground element, that initially was a normal extraction, or a 'cold' extraction, meaning they were secure and just waiting to be picked up at a predetermined destination and a predetermined time," said Blanco, explaining the Boss Lift demonstration. "But then their position got compromised...and so they had to change their call to a 'hot' extraction.

"So, the boats hopped up their speed, got here as quickly as they could, and the first boat went by to provide cover fire at the one o'clock position, to keep the enemy from attacking our ground element. The second boat came and did the actual extraction of the two people. They kept fire going all the time at a constant

THEN, FROM THE RIVER BEHIND THEM, CAME A ROLLING THUNDER: TWO TWIN-ENGINE PATROL BOATS LIGHT, LAYING BLANKETING COVER FIRE ON EITHER SIDE OF THE BILLOWING SMOKE.

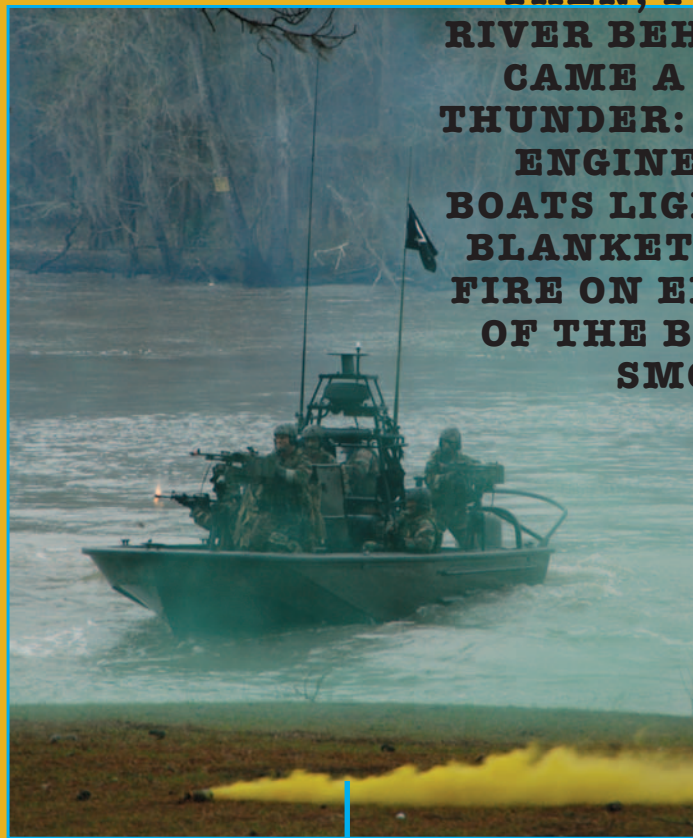


Photo by JO3 J. Hastings McIver

Camouflaged Riverine Warriors in the midst of a heated mock extraction, during which they exchanged thousands of rounds of blank ammunition with the attacking "terrorists." The exercise was staged as part of the ESGR-sponsored Boss Lift, an event designed to help the employers of Guard and Reserve members better understand their employees' commitment to the military.



Photo by JO3 J. Hastings McIver

Members of SBT-22 demonstrate the maneuverability of a Patrol Boat Light (PBL) as they cut through the waters of the Pearl River in southern Mississippi. The PBL is a modified 20-foot Boston Whaler with added gun mounts, and can attain speeds of up to 40 knots.

rate, so even though one weapon might go down, while he was reloading, he would talk to his driver, and his driver would move the boat around so that you had another weapon pointing, so you constantly had fire so these guys could never get their head up. So then, once the ground forces got off, then they both went full-throttle, evacuated the area, firing as they went away to keep the enemy from shooting back too much."

With their state-of-the-art equipment and their high-intensity training, the riverine warriors form quite a formidable force. They race through the twisting brown waters on Special Operations Craft-Riverine (SOC-R): 33 ft.-long crafts powered by twin, 440-

horsepower diesel engines that offer quick acceleration up to 42 knots. The SOC-R is equipped with five mounted-weapon stations, each of which has the electric power needed to run a 7.62 mm GAU-17 minigun, capable of firing 3,000-5,000 rounds per minute. Typically, however, the SOC-R is outfitted with at least one Mark 19 .40-mm grenade launcher and one M2 .50-caliber heavy machine gun, which can also function effectively as an anti-aircraft weapon.

NR SBT-22 trains primarily on the Pearl River in southern Mississippi; the perfect training ground to prepare the team for operations in various riverine environments worldwide. The Navy maintains coastal Special Warfare Combatant Crewmen on both the East and West Coasts, but no other unit has quite the same experience navigating the winding, debris-filled waterways that NR SBT-22 calls home. As Blanco puts it, "This is where everything riverine happens."

SK3 Steven Bon is a Reservist who has been with the team for about three years, and is still going strong. "After a couple of weekends," said Bon, "I knew that this was where I wanted to be, so I went back to my command...and requested to be transferred. I've been here ever since, and it's great; I love being here."

NR SBT-22 has managed to put together a group of highly talented individuals, Navy Reservists with the ability and the spirit to fight under highly unforgiving conditions. And being the outstanding Sailors they are, any member of the unit will proudly stand up and profess the pure satisfaction they get from being a part of the elite team.

NAVY RESERVE INSTRUCTOR PILOTS ARE FULLY INTEGRATED INTO AIR TRAINING

Journalist 2nd Class Michael Sheehan
TW1 Public Affairs

NAS KEY WEST, Fla. – It is not uncommon for members of Training Wing One (TW-1) to travel from NAS Meridian, Miss., to NAS Key West to provide training. What is uncommon is that this training mission is being led by Reservists.

RADM George Mayer, Chief of Naval Air Training, has restructured and integrated his five training air wings and 16 training squadrons with more than 300 Full Time Support (FTS) and Drilling Reserve aviators.

"We are the model for Reserve integration in the Navy," Mayer said in a recently published article. "Naval Reservists are full participants in our training process, and we could not meet our production requirements without them."

For members of TW-1, full participation means not only flying as instructor pilots, but also taking the lead when necessary. Reserve members of TW-1 are leading a training detachment for the first time since the restructuring.

TW-1 has two training squadrons, Training Squadron Seven (VT-7) and VT-9. Each squadron has a Squadron Augment Unit (SAU), composed of Reserves, attached. Their mission is to train the future generations of active duty Navy and Marine Corps pilots. Of the 21 instructors on this particular detachment, 13 are Reservists from SAU-9, including the detachment's commanding officer and all of the officers-in-charge.

"We have always had a great working relationship with the active component. But, it used to be that everyone knew who the Reservists were," said CDR Todd Griffin, SAU-9 commanding officer. "We were a separate detachment. Now, we're all one, we're all the same."

Members of SAU-9 take pride in the role they are playing in this effort.

"We kind of set the model for integration," said CDR Joe Kerstiens, SAU-9 executive officer. "They looked at us, and the way we were doing things at Meridian, and said 'we want that, only bigger and better.'"

This detachment represents the last for the T-2 'Buckeye' airframe which, in one form or another, has been in service as a Navy pilot trainer since the early 1960s. Because the T-2 has been gradually phased out of the Navy in favor of the more advanced T-45 'Goshawk,' Buckeye instructors are at a premium. SAU instructors fly with their students at least twice a day, practicing formation flying and gunnery techniques, all the while evaluating the students on their performance and development in the air.

"Most of the T-2 instructors in our squadron are Drilling Reservists," said Griffin, explaining why the SAU instructors are running this detachment. "An advantage to Reservists is that many have seven or eight years experience at the training command. Most of the active-duty folks cycle through after two or three years."

Most of the instructors are not only pilots in the Navy, but many are also commercial airline pilots in their civilian careers as well. The additional experience of the Reserve instructors promotes continuity and quality control in the training program.

"We have the long term perspective on what works and what doesn't work," said Kerstiens. "I've flown in Meridian for over 10 years, including three on active duty, and I'm not even the most senior guy."

"We have always had a great working relationship with the active component. But, it used to be that everyone knew who the Reservists were... We were a separate detachment. Now, we're all one, we're all the same"

In addition to the increase in experience the Reservist instructor brings, they also bring flexibility to the active duty training schedule. Instead of performing monthly weekend drills, the pilots fulfill their individual training requirements instructing students during the week, averaging six to eight days per month.

"Sometimes when I get home from a four day commercial flight schedule, I may call up the hangar and say 'What have you got?' I may get to fly that afternoon," said LCDR Mike Lowe, a SAU-9 instructor pilot who lives in Meridian, Miss. "And it may give an active duty instructor a day off to take care of personal business, or to just spend time with his family."

"If training needs to push to 120 percent," said CDR Hank Papa, another SAU-9 pilot who lives in Meridian. "Reservists are right there to jump in, ready to take the increase in workload. Also, if someone needs a day off for some reason, or needs to spend time with their families at the holidays, we're a ready resource for them."

The flexibility SAU units bring to the squadrons is not without cost. If a pilot is working 20 days each month for an airline, and six as a Drilling Reservist, there's not much personal time.

"It can be a juggling act," said Kerstiens. "There are three balls we try to keep in the air: family, career and Navy. Sometimes it can be tough. Most of us lose money doing this, but this is the most rewarding job. My most rewarding tour was and is as an instructor pilot."

An illustration of that reward also demonstrates the cyclical nature of a Reservist instructor pilot's career.

"A couple years back, we were in Pensacola at the same time the Blue Angels were there," said Kerstiens. "Turns out, four of the six Blue Angels pilots had one of us as an instructor at some point in their careers."

"I think being a flight instructor is the best utilization of a Naval Reserve Aviator," Papa said. "Unlike an active-duty pilot, who needs to stay current with all the latest weapons systems, software changes, and airframe modifications, we just fly." ♦



Photo by ENS Darin K. Russell

Key West, Fla.- 1st LT Tim Miller, a student pilot assigned to the "Tigers" of Training Squadron Nine (VT-9), prepares to taxi his T-2C Buckeye for a sunrise take-off at NAS Key West during a solo formation training mission. VT-9 came to Key West to teach Navy and Marine Corps student pilots formation flying and gunnery techniques. The instructors are part of Squadron Augment Unit Nine (SAU-9), the Reserve component for Training Squadron Nine (VT-9), one of two training squadrons that operate from Naval Air Station Meridian, Miss., under Training Wing One (TW-1).



Photo by ENS Darin K. Russell

Instructors with Squadron Augment Unit Nine (SAU-9) fly a four-plane echelon formation over the water near Key West: Flying lead LCDR Mike Russonello (USNR) and CDR Joe Kerstiens (USNR), in Dash-2 LTC Francesco Orlando (Venezuelan Air Force) and LT Floyd Williams (USN), in the Dash-3 aircraft CDR Todd Griffin (USNR) and LCDR Kevin Parks (USN) and in the Dash-4 aircraft LCDR Neyland Springer (USNR) and CDR Eric Gerdes (USNR).



Photo by ENS Darin K. Russell

LTJG Allen Karlson USN, a student pilot assigned to the "Tigers" of Training Squadron Nine (VT-9), on his second formation solo flight is the first of three T-2C Buckeyes to join on the lead aircraft during a four plane formation training flight. VT-9 came to Key West to teach Navy and Marine Corps student pilots formation flying and gunnery

Reserve Corpsman demonstrates life-saving on the front lines

"When I was activated, I was scared, anxious,"

SKC Eduardo Carmona and PH1 Janine Deneault
Naval Information Bureau Det. 1118

DENVER – HM1 Jose Mendez is now back home where he drills with Naval Hospital Bremerton, Wash., Det. F at Naval Reserve Center Denver. He can now reflect upon service as one of three Naval Reserve Hospital Corpsmen serving on the front lines of Operation Iraqi Freedom with the 900-plus member 2nd Marine Tank Battalion thrust deep into Iraq in March 2003.

"When I was activated, I was scared, anxious, but I went," said Mendez, a 19-year veteran Hospital Corpsman.

Mendez can now recall what it was like for himself and the other corpsmen. In so doing, he reminds us of the serious nature of Naval Reserve commitment.

Upon receipt of mobilization orders, Mendez reported for a brief stop at Camp Lejeune, N.C. The next stop was Kuwait.

After weeks of training in the cold, bleak Kuwaiti desert, the order for the Marine 2nd Tank Battalion to attack into Iraq was given.

Marines roared northward in mid-March, aiming for Baghdad. Thirty-eight Navy field medical Hospital Corpsmen went with them to

"We don't do our jobs for recognition....We do it because we believe in it. Because a human life has infinite value. Because we are military men and women, and we gave our oath."



Graphic by Tashika Arceneaux

provide front line support.

Days later, just outside of Baghdad, the Battalion inadvertently drove into an ambush. Suddenly, the tank column was savaged from all sides by machine gun fire, rocket-propelled grenades, small-arms, and even cars loaded with explosives, left in the road to be detonated near any coalition vehicle in range.

"There is no glory and no glamour in [combat]," said Mendez. "It's dirty, messy and mentally and emotionally challenging."

In moments, vehicles and men on both sides were being disabled, disfigured and killed. Marines screamed 'corpsman' over the roar of gunfire and explosions. Amid the dust of the Iraqi battleground, corpsmen scrambled to help.

"We don't do our jobs for recognition," Mendez said. "We do it because we believe in it. Because a human life has infinite value. Because we are military men and women and we gave our oath."

From a Hospital Corpsman's point of view, he's there to do a job. From the Marine's point of view, Hospital Corpsmen are heroes. For many Marines, the skills and care applied by these dedicated Hospital Corpsmen made the difference between life and death.

"There is no greater job than that of being a Combat Corpsman," Mendez said. "The saving of lives provides the internal rewards that keeps [Hospital Corpsmen] doing their jobs. I wouldn't have traded my experience in Iraq for anything in the world."

The Hospital Corpsmen tending to 2nd Battalion Marines were also responsible for preventive care, sanitation and the general health and well being of both Marines and each other. This includes the biological underside of the never-ending struggle to keep warriors just out of reach of dysentery and infection.

After battles, once Marines had been treated, Hospital Corpsman treated enemy wounded and Iraqi civilians caught in the crossfire. The pace was grueling.

"It was not unusual to work for three days with maybe ten hours sleep," he said.

As to his experience as a field Hospital Corpsman, Mendez said he sees life from a different perspective.

"Because of the battles I experienced in Iraq, I place a greater emphasis and respect for the sanctity of life," Mendez said. ♦

redcom round-up



REDCOM Southwest

SAN DIEGO – Sailors from Helicopter Combat Support Special Squadron Five (HCS-5) recently returned to NAS North Island, Calif., upon completion of one year of service in support of Operation Iraqi Freedom. The “Firehawks,” composed of more than 60 Full Time Support Sailors and Drilling Reservists, work with special forces in Kuwait and Iraq from the initial troop buildup through the opening ‘Shock and Awe’ phases of the conflict. During their mobilization, HCS-5 logged more than 1,738 total deployed hours – more than half of that at night – completed 916 combat sorties and 485 combat missions

- JO1 (SW) Gregory S. Cleghorne, NAR San Diego Public Affairs



REDCOM Southeast

MIAMI – Seven members of the Naval Reserve Naval Hospital Jacksonville Detachment D (NR NH Jax Det D) were recently presented the Meritorious Unit Commendation (MUC) at NMCRC Miami. The award recognized the Reservist’s participation in Operations Enduring Freedom and Iraqi Freedom during 2003. The individuals served on the staff of National Naval Medical Center Bethesda, Md., where they rapidly augmented the hospital’s staff following the deployment of some 1,000 staff members to USNS Comfort (T-AH 20) and other field operational units.

- JO2 Alex Flores and JO2 Andrew Pratt, NMCRC Miami

MERIDIAN, Miss. – SK2 Kimberly Jefcoat was recently nominated for NAS Meridian’s annual Military Citizen of the Year award. Jefcoat, the Supply Officer at NRC Meridian, was one of five service members nominated for the honor. Since transferring to NRC Meridian, Jefcoat contributed more than 100 hours of community service. Over the last year she has volunteered with Habitat for Humanity, Mississippi Special Olympics and Adopt-a-School programs.

- JO2 Jennifer Valdivia, REDCOM Southeast Public Affairs

GULFPORT, Miss. – NMCRC Gulfport recently conducted a “Super Drill Weekend.” The event afforded units time to complete a full assortment of medical and administrative updates. When the weekend was complete, some 300 Drilling Reservists completed the process resulting in more than 270 dental exams, 354 immunizations, 240 Navy Knowledge Online registrations and 157 page two verifications.

- ICC Richard Moore, NMCRC Gulfport



REDCOM Mid-Atlantic

FORT LEE, Va. – Naval Reserve Supply Support Battalion (SSB) fuel companies recently conducted an annual Status of Resource and Training System (SORTS) assessment at the U.S. Army Quartermaster Center and the school’s Petroleum and Water Department (PWD) to prepare them to operate fixed and tactical fuel systems. The training prepares 71 Sailors to join Air Force personnel in Iraq to relieve Soldiers at an existing Army bulk fuel storage facility. As planners and concept developers envision future operations as joint efforts, fuel handlers have made that a reality. As they share missions and equipment, they see ways to improve what they do together and individually.

- NOLSC Det A and B Public Affairs

PATUXENT RIVER, Md. – Navy Reserve LCDR Kenneth L. Georgevits has been designated the next deputy director, strategic communications

for the Naval Air Systems Command (NAVAIR) Air Systems Program (ASP). The 18-officer unit, based at Naval Station Newport, R.I., provides engineering and technical program management support to NAVIAR’s acquisition and operations competency organization located at NAS Patuxent River.

- LT Mike Randazzo, Air Systems Program Public Affairs Officer



REDCOM Mid-West

FORT MCCOY, Wisc. – Sailors from 19 detachments throughout REDCOM Midwest endured harsh weather conditions in a recent cold weather training exercise at Fort McCoy, Wisc. Cold weather training provides a unique environment to develop skills. Sailors engaged in classroom and outdoor training with hands-on experience in cold weather gear, injuries, survival, land navigation, litter bearing, setting up and dismantling tents and the use of a rescue sled.

- JO2 Linda Andreoli, NMCRC Perrysburg, Ohio

MINNEAPOLIS – Minnesota Governor Tim Pawlenty recently honored 267 Navy Reservists who had been mobilized in the aftermath of 9/11. Governor Pawlenty said the measure of a person is best gauged “during times of challenge and moments of controversy.” He added that those who serve our nation’s military, particularly those in the Reserves, have clearly risen to the current times of challenge and controversy.

- JO2 Michael Sheehan, NMCRC Minneapolis Public Affairs



REDCOM Northwest

FORT CARSON, Colo. – ENCM(SW) Ronald P. Miesemer has been selected to attend the Naval War College Reserve Officer Strategy and Policy Course in Newport, R.I. The course has previously been set-aside for officers.

The course is designed to help officers understand the fundamentals of foreign policy and explore options to be evaluated when making strategy and policy decisions.

- LCDR Anastasia Quanbeck, Navy Information Bureau Det. 1118

CHEYENNE, Wyo. – NRC Cheyenne has moved to a new facility on F.E. Warrant Air Force Base. The \$2.2 million, 13,4000 square-foot NRC Cheyenne headquarters and training center buildings provide a facility that integrates the many diverse functions necessary to directly support the fleet with mission-capable units and individuals to the Navy team.

- Navy Information Bureau Det. 1118



REDCOM Northeast

NEWPORT, R.I. – Senior regional Reserve leaders from the Army, Navy, Marine Corps, Air Force, Coast Guard and National Guard met for an unprecedented summit at the U.S. Naval War College in Newport, R.I., in March. The gathering was to explore joint regional opportunities to meet mutual goals of training and readiness for the 50,000 Reserve service members under their command. The summit introduced the Guard and Reserve leaders to each regional component’s resources and training methods, providing insight for further exploration of shared joint regional training opportunities, resources, knowledge and programs, to better prepare Guard and Reserve personnel for the joint operations they face when mobilized.

- JO2 Edward Flynn and JO1 Dave Kaylor, Navy Information Bureau Det. 101



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Navy Reserve Profile of the Month

Name: Eric Robert Pihl

Rank: O-4

Rating: Naval Flight Officer, designator: 1325

Why did you join the Navy Reserve? I was in the IRR for several months after I resigned my active-duty commission to finish law school and something just seemed very different in my life. Besides the fact that I was back in school, I no longer had the 50-slide powerpoint presentations or the meetings to have a meeting, but I really missed the camaraderie that the Navy has and the shared values. It was hard to leave something that had been a major part of my life for 10 plus years. I guess I will also be a Sailor. You can take the man out of the navy, but you will never take the navy out of the man. I even had a couple of court appearances where the judge asked me, because of my mannerisms, if I was prior military - I guess old habits die hard.

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